



# Fast Facts

CALIFORNIA DEPARTMENT OF HEALTH SERVICES

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## **"IT'S UP TO ME" TO PREVENT TEEN PREGNANCY**

### **The Problem**

One of the most disturbing trends affecting the health of California's families is the problem of teenage pregnancy, a crisis with far-reaching consequences affecting all aspects of society.

Nearly 57,000 babies will be born to teenage mothers in 2001, and a baby is born to a California teen every nine minutes. The future for many of these mothers and babies is bleak: dependency upon public assistance, a lack of education, and the likelihood of incarceration and unemployment. A fundamental change in societal attitudes toward teenage pregnancy is needed. While government can provide leadership and an investment of resources, it cannot solve this problem alone.

### **"It's Up To Me" to Prevent Teen Pregnancy**

In April 2001, California launched "It's Up To Me," a multi-faceted initiative designed to alleviate potential problems associated with teen pregnancy. The "It's Up to Me" campaign consists of four components to promote awareness of teen pregnancy prevention:

- The teen responsibility component promotes abstinence and encourages responsible behavior for sexually active teens.
- The male responsibility component advises young men about their role in preventing pregnancy, the importance of making informed choices, being responsible for their actions, and recognizing what it means to be a responsible father.
- The clinical services/Family PACT (Planning, Access, Care, and Treatment) component promotes improved reproductive health by increasing awareness of the availability of Family PACT's no-cost family planning services for low-income women and men who are at risk for unplanned pregnancy.
- An adult involvement component provides parents and other adults with educational tools in order to encourage communicate with teens about sex and other risky behaviors.

### **Contact Information**

For more information about "It's Up To Me," call 1-888-50-UP-TO-ME or log on to [www.itsuptome.org](http://www.itsuptome.org).